



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT  
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"



# *Serra Mesa Recreation Center*

9020 Village Glen Dr. • San Diego, CA 92123 • (858) 573-1408 • [www.sandiego.gov](http://www.sandiego.gov)



## *Fall Program 2006*

*Effective September 11, 2006 - January 2, 2007*

Programs and fees are subject to change without prior notice.



# Welcome!

The staff at the Serra Mesa Park & Recreation Center would like to invite you and your family to visit the center. We offer a variety of classes and activities for the entire family.



## Adult Activities

### Ceramic Guild

Day: Tuesday  
Time: 6:00 p.m. - 8:00 p.m.  
Cost: \$5.00/class

Try your hand at ceramics. The class includes pouring casts, firing, painting, and glazing. Participants furnish some of their own supplies.  
Instructor: Arleigh Jay



### Slender Benders

Day: Monday - Friday  
Time: 9:00 a.m. - 10:00 a.m.  
Cost: Free!

"Slender Blender" is a popular exercise class, which continues the tradition of thirty years of adult exercise programs offered at Serra Mesa. This class emphasizes toning, stretching, and low impact aerobics designed for those who are just starting out at a slower pace. Exercise bands are used to strengthen and tone the body. A floor work out and cool down stretch is included.



### Open Play Basketball

The Gym schedule changes frequently. Please refer to the posted schedule or call in advance for current open gym hours.

### Co-ed 3 pitch Softball League

Days: Monday, Wednesday, Thursday, Sunday,

### Men's slow pitch Softball League

Day: Tuesday  
Leagues operate year round, except January and February when the fields will be closed for maintenance. For more information, please call Pete McNamara at: (858) 453-6208.

### "B/C" Caliber Adult Basketball League

Offered Monday and Wednesday evenings year round. For more information, call the center or League Director Rob Powell at (858) 829-8007.

### Vavi Adult Basketball League

Offered on Thursday evenings For more information please call Paul at (858) 273-3485



## Adult and Youth Activities



### Adult & Youth Polynesian Dance

Let's learn cultural dances from Hawaii and Tahiti. Fast paced, hip shaking dances are fun, exciting to learn, and great exercise as you dance to traditional drum beats.

Day: Saturday  
Ages: 5 - 7 years  
Time: 10:15 a.m. - 11:00 a.m.  
Cost: \$24.00 per month  
Family Rate: \$19.00/month  
Instructor: Denise Kealoha Hill



### Taekwondo

We offer Martial Arts instruction of the highest caliber to participants of all ages. We teach SELF-DEFENSE and FITNESS in a FUN way for everyone. We reinforce respect, courtesy and discipline. We teach more than just kicking and punching!

Ages: 6 years & up  
Day: Wednesday  
Time: 6:15 p.m. - 7:15 p.m.  
Cost: \$60.00/6-week sessions  
Instructor: Benjamin Kelso



# Youth Activities

## Ballet

This class provides an opportunity for young children to develop a good self image, learn dance skills, exercise, and improve balance through coordinated movement.

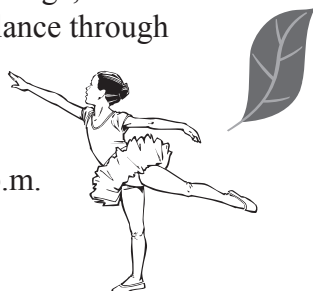
Ages: 6 - 12 years

Day: Tuesday

Time: 5:30 p.m. - 6:30 p.m.

Cost: \$13.00/month

Instructor: Gayle Silbert



## Tumbling

Children will learn tumbling, stretching, and basic gymnastic skills. Classes are designed to help build a lifelong love for fitness through fun and challenging movement.

Ages: 4 - 10 years

Day: Monday

Time: 5:30 p.m. - 6:30 p.m.

Cost: \$13.00/month

Instructor: Gayle Silbert



## Baby Bunny Hop Music Class

This cool new class introduces “young music artists” to the rhythm and movement of song and dance in a fun way! Children will enjoy playing, singing, and moving to the Sounds, and will develop an appreciation for culture and the arts.

Ages: 2 1/2 - 5 (potty trained)

Day: Tuesday

Time: 3:00 p.m. - 4:00 p.m.

Cost: \$24.00/6weeks

Instructor: Gayle Silbert



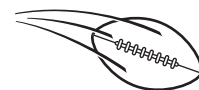
## Youth Flag Football

Hurdle over to the recreation center and register now for fall Youth Flag Football. Participants are required to submit a copy of their birth certificate, recent picture, permission slip, and registration slip. Don't “Punt”! register now!

Ages: 8 – 12 years

Cost: \$35.00

The success of the league is determined by the number of parents who volunteer to coach and become active in the league. Please see the accompanying flyer.



## Arts and Crafts

Children will participate in a variety of craft projects usually following a theme based on the season/holiday etc.

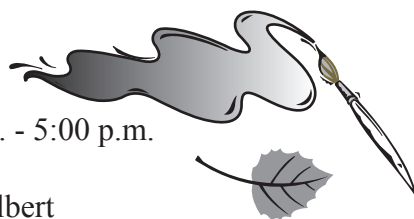
Ages: 5 – 10

Day: Monday

Time: 4:00 p.m. - 5:00 p.m.

Cost: Free

Instructor: Gayle Silbert



## Pee Wee Sports

This popular program is designed to improve coordination/motor skills, and increase strength, while having fun learning basic fundamentals in a variety of sports.

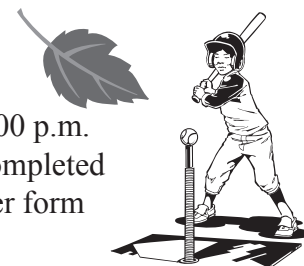
Ages: 4 - 7 years

Day: Tuesday

Time: 4:00 p.m. - 5:00 p.m.

Cost: Free with a completed liability waiver form

Instructor: Gayle Silbert



## Cooking for Kids

“Uuum Good”! This brand new class teaches the basics of cooking in a safe manner. Kids will learn great simple recipes.

Ages: 10 - 14

Day: Thursday

Time: 4:30 p.m.

Cost: \$13.00 per month

Instructor: Mioshy Thomas



## Tap and Jazz

Wednesday: Tap 2 5:00 p.m.

Jazz 2 6:00 p.m.

Thursday: pre-tap 5:15 p.m.

Tap 1 6:00 p.m.

Jazz 1 6:45 p.m.

Cost: \$35.00

Register on the first day at regular times starting September 20 or September 21.

Please see flyer for further information.



# ***SERRA MESA RECREATION CENTER***

## ***GENERAL INFORMATION***



### **Staff**

Calvin Tani	Area Manager
Linwood Mackey	Center Director
Ghassan (Chris) Castro	Recreation Leader I
Derrick Ricci	Recreation Leader I
Mioshi Thomas	Recreation Leader I
Carlos Ugarte	Recreation Leader I
Gayle Silbert	Recreation Leader I
Archie Dean	Grounds Maintenance
Ron Nimmo	Grounds Maintenance
David Saloniou	Grounds Maintenance

### **Recreation Council**

The Serra Mesa Recreation Council consists of volunteer individuals from our community. They advise staff, the Park and Recreation Board and Area Committees on matters related to Park and Recreation, programs and facilities. The Recreation Council meets the second Wednesday of January, March, May, July, September and November at 6:30 p.m.

### **Registration**

Registration begins two weeks prior to the start of class. There is a \$20.00 service charge for returned checks. Some classes have a minimum and maximum enrollment requirement. Failure to meet enrollment requirements may cancel the class. Refunds are not allowed after the 2nd class unless the class is cancelled by the Recreation Center. Please register by the second class session.

### **Hours of Operation**

Monday	2:00 p.m. - 9:00 p.m.
Tuesday	1:00 p.m. - 8:00 p.m.
Wednesday	12:00 p.m. - 9:00 p.m.
Thursday	2:00 p.m. - 9:00 p.m.
Friday	2:00 p.m. - 6:00 p.m.
Saturday	10:00 a.m. - 4:00 p.m.

### **Holidays Closed**

November 10, 2006	Veterans Day
November 23, 2006	Thanksgiving
December 25, 2006	Winter Holiday
January 1, 2007	New Years Day

### **Community Information**

S.D. United Soccer	(858) 457-4625
A.Y.S.O. Soccer	(858) 268-5880
N.Y.S.Sports	(858) 973-6101
Serra Mesa Sr. Softball	(858) 279-4283
Serra Mesa Little League	(858) 279-8361

### **Equipment Checkout**

When staff is available, recreational equipment can be checked out for use at the center. Check out requires an I.D. from those that are 12 and older. The center keeps an in house "I.D." and allows checkout for youth.

### **Recycling**

Recycle your used cans, bottles and newspapers at the park to support youth programs at Serra Mesa Recreation center! Bins located in the lower lot.

### **Volunteers Needed!**

Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit [www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml](http://www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml) or contact the Volunteer Office at (619) 685-1324.

### **Donations**

By donating to our park system, you can help the Park and Recreation Department enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call Gary Stromberg, Deputy Director CPI Division, (619) 221-8910.